



SPOTTING FAKE NEWS

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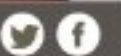
Halifax metro

**P(L)AYING FAIR
SERENA WILLIAMS FOR
EQUAL PAY IN SPORTS**
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Your essential daily news | THURSDAY, DECEMBER 1, 2016

High 9°C/Low 4°C Rain



Five-month-old
Reeman Alhaj Jassem
was born in Canada
from a Syrian refugee
mother with the help
of a local doula.

JEFF HARPER/METRO



Doula-ing their part

Syrian refugee women feel more at home while pregnant, thanks to these Halifax helpers **metroNEWS**

A big waste of our money

AUDITOR GENERAL

Province accused of 'poor job' planning schools



Jen Taplin
For Metro | Halifax

The auditor general may have voiced criticism of the province's handling of a new Eastern Passage high school, but one parent said it's hard to feel vindicated when \$21 million is being "wasted."

The province approved the school despite evidence it wasn't needed, said Auditor General Michael Pickup Wednesday, adding the province is doing a "poor job" of schools planning.

David Nantes, a concerned parent, said planning is simply non-existent. Rather than leaving Cole Harbour and Auburn Drive high schools with less than 50 per cent capacity when the new school opens in 2018, Nantes said a group of residents have a better idea. Cole Harbour and Auburn could be established as a single school with two

campuses serving Grades 9-12, he said.

"The school board should accept this idea and develop a working committee with the community and local teachers to work out the details and make it happen," Nantes said in an email. "There is simply no focus on quality of education in the current decision making process."

"I don't think anyone feels vindicated when \$21M is wasted," he also wrote.

Board chairman Dave Wright said they are looking towards the future and making do with what they've got.

He said the board is working with residents and talking with the schools which feed both Auburn Drive and Cole Harbour schools to resolve the issue.

"It doesn't necessarily mean one of those high schools would close but it will likely mean one of them would have to be configured in a different way because there is excess capacity," he said. "Fifty per cent is a low number but we are working with the community because this is the lot we have right now and we will make it work."

More coverage, see page 6

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Leaving a special legacy

Memory of Ngena Bernard lives on in bursary



Yvette d'Entremont
Metro | Halifax

When Ngena (Gena) Bernard died suddenly of a heart attack at age 36, she left behind four children and a life full of promise.

Before her Jan. 6, 2015 death, Bernard was a full-time student at Dalhousie University and was planning to pursue social work studies. She was a graduate of Dalhousie's Transitional Year Program, where she received the university's Jonathan Skeete Award.

Described as a well-known and proud member of the African Nova Scotian community, Bernard was heavily involved in community work from childhood.

Her death impacted her family, friends and the community.

"She will be remembered in the community for her kind and sensitive demeanour, infectious smile and laughter as she touched the heart of everyone who knew her," noted her obituary.

Bernard's sudden passing shocked her family, including her cousin Candace Roker.

"She was planning on studying social work because she didn't just want to get her education,

she wanted to also use her education to give back to the community in the form of the social work profession," recalled Roker, a Dal social work graduate.

"That she passed suddenly in the middle of trying to do all of these things to try to improve her situation, it was just so sad. I just thought 'This can't be happening.'"

Roker was determined to find a meaningful way to honour her late cousin's memory.

It didn't take her long to come up with the idea of creating a bursary for African Canadian single parents who are graduates of the Dalhousie University Transition Year Program (TYP) and who plan to study social work.

"We needed to find a way to honour her memory and have a reason to continue to call on her name in a positive way and for her in this way to be able to do social work posthumously," Roker said.

"The creation of this award would help others who are parenting on their own to continue to do the work that she wanted to do and to empower themselves through education."

Last Saturday, the Ngena Bernard Memorial Transition Year Program bursary was awarded



From left: Jarvis Bernard, Nia Bernard, Katrina Jarvis (scholarship recipient) and Candace Roker at the bursary ceremony this week. GEORGE BERNARD/CONTRIBUTED

for the first time at Dal's School of Social Work. Katrina Jarvis was the inaugural recipient.

Bernard's eldest son, Jarvis Bernard, and eldest daughter, Nia Bernard, were both on hand for the event.

"It was very fitting for the oldest son and the oldest daughter to be there. Her son spoke and just talked about how he was very happy to have his mom's memory continue on in such a very positive way," Roker said.

"He himself is a first year student at Mount Saint Vincent University, and his mother, she would be just so proud."

The bursary is administered by The Association of Black So-

cial Workers and is funded via donations.

Roker hopes donations to the annual \$500 bursary will grow so they can increase the size of the award and the number of annual recipients. She thinks her cousin would be thrilled.

"She was a very community-minded individual. Even as a child she just touched everyone she met. She always had a smile," Roker said.

"She always had a pulse on what was happening in the community ... I think that she would be really pleased to know that her legacy will continue to help other people in the community like herself."



Ngena (Gena) Bernard CONTRIBUTED

“The creation of this award would help others who are parenting on their own to continue to do the work that she wanted to do and to empower themselves through education. Candace Roker

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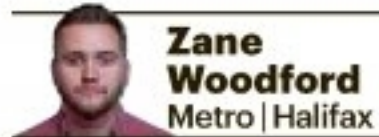
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Integrated Mobility Plan could change how you travel the city

TRANSIT

'Bold' new bus and bike lanes proposed for Halifax



Zane Woodford
Metro | Halifax

In true Halifax style, the people behind the Integrated Mobility Plan are proposing some "bold" moves for transportation in the municipality. The team behind the plan is holding its second of three rounds of public consultations this week. When finished, the plan will "create a regional vision for mobility" in Halifax.

There are some big ideas on the table, all designed to get people moving more efficiently throughout the entire municipality — ideally without using cars.

"The public's been really clear to us; they would love to not have to drive if they had an alternative," project manager Rod McPhail said Wednesday during the first of eight public meetings this week. McPhail and his team

are working to make the alternatives — walking, cycling and public transit — more attractive.

The bold move McPhail is proposing with transit is to give buses their own lanes. He said it's hard to convince people to take the bus when it sits in the same traffic as a car.

"You've gotta give the advantage to the bus, and that's what the bus lane is all about," he said.

At the meetings this week, the team is unveiling its plan for a bus lane on Bayers Road between Windsor Street and the ramp to Highway 102: widening the road by shaving



The public's been really clear to us; they would love to not have to drive if they had an alternative.

Rod McPhail

off two feet of sidewalk, ditching a lane of outgoing traffic on part of the street, and adding lanes on either side for buses.

McPhail said it could be done using public land, and could accommodate 30 buses per hour at peak times.

Bayers Road is being used as an example that could be applied to other main transit corridors like Robie Street, but McPhail wanted to start small to gauge public opinion. None of the moves in the Integrated Mobility



A Halifax Transit bus heads along Barrington Street earlier this month. JEFF HARPER/METRO

Plan have been costed out yet, but McPhail said he believes much of it could be paid for by shifting priorities away from things like widening roads for cars. He's also

looking into funding from other levels of government. But first, he has to find out what people want.

"We're making sure we get their ideas, what do they

want, what do they want to see — then we, Halifax staff, have to sit down and figure out, how do you pay for that," he said.

There are six more meet-

ings this week, and the next round of public consultation will happen in mid-April. McPhail hopes to present the plan to regional council in June.

Development Proposals Open House

Join the Planning and Development team at an open house to learn about 19 development proposals requesting new planning policy within the Regional Centre boundary.

Wednesday, Dec. 7, 2016
12-2 p.m. & 6-8 p.m.

Atlantica Hotel, Guild Hall, 1980 Robie Street, Halifax

Residents are invited to drop-in at any time to learn about the development proposals and related Centre Plan policy direction, as well as provide comments.

For an overview of each individual development proposal visit halifax.ca/RCdevelopmentproposals



Cycling network coming into focus

If the Integrated Mobility Plan goes ahead as planned, Halifax could have a connected cycling network by 2020.

The team presented a plan at the meeting on Wednesday for a network of bike lanes on peninsular Halifax, and what McPhail calls a "spine system" of bike lanes on the Dartmouth side.

"We're very excited to see that the cycling network has come into focus as one of the priorities for the Integrated Mobility Plan," Halifax Cycling Coalition executive director Kelsey Lane said at the meeting.

Lane said it's too early to comment on the implications of the plan, but she's hoping that the cycling network will be made up of protected bike lanes, not just lines painted on streets.

Lane also hopes to see reduced lane widths on streets in the municipality to allow for protected bike lanes, and to calm traffic and make streets



A cyclist on a bike lane along Rainnie Drive. JEFF HARPER/METRO

safer. That's part of the plan's complete streets policy.

"The focus in the past in Halifax has really been for the car on the street," McPhail said.

"The complete streets is really, how do we look after all people that move along roads, whether they're on a bike, whether they're in a wheelchair, whether they're walking, whether they're driving in a car, whether they're on a bus."

ZANE WOODFORD/METRO

+ HAVE YOUR SAY

Thursday, December 1: At 12 p.m. and 6 p.m. at Italian-Canadian Cultural Centre — Auditorium, 2629 Agricola Street, Halifax.

Wednesday December 7: At 12 p.m. and 6 p.m. at Bedford-Hammonds Plains Community Centre — Arts & Crafts Room, 202 Innovation Drive, Bedford.

Thursday, December 8: At Captain William Spry Centre — 16 Sussex Street, Halifax. (12 p.m. session at Meeting Room #2, 6 p.m. session in the Community Multipurpose Room) Check out other options online at halifax.ca/integratedmobility

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'No evidence' that school was needed

AUDITOR GENERAL'S REPORT

State approval for \$21M project highlights a lack of transparency

Nova Scotia approved a new \$21 million, Halifax-area school despite evidence it wasn't needed, the auditor general said Wednesday in a report that slammed the province for poor planning and a lack of transparency.

"No one in government can appropriately explain why this school is being built," Michael Pickup says in his November report.

Pickup says there was evidence the Education Department had concerns about the impact a new high school approved for Eastern Passage would have on existing schools in the area.

The audit cites a 2010 report for the Halifax Regional School Board that indicated there was

no need for the school, and a 2007 report that suggested one fewer high school would be feasible for the area within 10 years.

The report says 2015 enrolment for nearby Cole Harbour High and Auburn Drive High show the schools are at just over 70 per cent of their capacity — a figure that will drop below 50 per cent when estimating enrolments in 2018 after the new Eastern Passage school opens.

The former NDP government first announced the new school, but the current Liberal government recently gave it the green light.

Pickup said he would have questions if he were a Nova Scotian in an area with a demonstrated need for a new school.

"What I am trying to do here is peel back the onion a bit to say 'Does everybody realize how capital decisions like new schools get made in Nova Scotia?'"

Pickup said he was disappointed the department won't review the decision, and called it "somewhat shameful."

"The only answer that I would receive on this is, 'Forget it we are not revisiting this decision and we are not revisiting it because cabinet has decided to honour the decision of the previous government' - end of story," he said.

Education Minister Karen Casey defended the decision, but wouldn't say whether it made for good policy.

"There was an expectation in the community that the school would be built," said



What I am trying to do is peel back the onion a bit to say 'Does everybody realize how capital decisions get made?'

Auditor General Michael Pickup



Nova Scotia Auditor General Michael Pickup fields question after releasing his latest set of reports in Halifax on Wednesday. ANDREW VAUGHAN/THE CANADIAN PRESS

Casey. "It had been approved by the government of the day and we accepted that and honoured that."

The report says the decision is an example of the lack of attention paid to capital planning in education. Pickup says auditors found little information on the general condition of

400 schools and no long-term plan for the school system.

The report also says four school projects were approved by cabinet at a cost of \$63 million, although they ranked behind other unapproved projects based on committee assessments. The projects included new schools in Bridgetown

and Tatamagouche, in ridings held by Casey and Premier Stephen McNeil respectively.

"I am consistently told that the reason (they) got approved relates to regional fairness and relates to discussions at the cabinet table which we don't audit," said Pickup.

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Doulas 'like family' for pregnant Syrian refugees

HEALTHCARE

Group in need of donations to keep up with major demand



Jen Taplin
For Metro | Halifax

Fleeing war in Syria, Amal Shwikh faced not only making a new life in Halifax with her husband and three children but also giving birth.

Having no family here, Shwikh was connected with a volunteer doula through the Chebucto Family Centre.

"I was quite scared because I am here with no family and I don't know anything here. Donna helped me," she said in a phone interview. "I like Donna. Donna like family."

In June when Shwikh went into labour, her doula took her to the hospital while her husband stayed with their other children.

So many Syrian women like Shwikh want doulas, it's driving an unprecedented demand.

Whitney Cruikshank, a doula at the Chebucto Family Centre, said they've never seen such a large influx from any specific target group in the 20-year history of the program. There are 40 active volunteer doulas in the program covering all of HRM.

"Certainly we are working very hard to meet the demand



Doula Whitney Cruikshank of the Chebucto Family Centre. JEFF HARPER/METRO

right now," Cruikshank said.

"It does make it a little tricky because there are families who are coming into Canada and they're close to their due dates so there is a time crunch, as well as having enough support to offer these families. Our doulas go above and beyond in their volunteer capacity."

Doulas are typically matched

with pregnant women who are at about 32 weeks gestation to give them enough time to meet two or three times before delivery. Using an interpreter, doulas provide information, emotional support, and give the moms-to-be an idea of what to expect in the Canadian health care system.

And when the big day arrives, doulas are at the mom's side,

non-stop, until the baby is born.

"Whether it's a two-hour labour and delivery or 30 hours, we are her person. We take no breaks or shift changes, that's part of the beauty of the relationship: we really develop a strong relationship of trust."

After the delivery, doulas provide support for up to six weeks. So many Syrian refugees re-

+ HOW TO HELP

Most, if not all, the women that Chebucto Family Centre doulas work with are in need of anything and everything baby-related. They're looking for donations of warm clothing items for babies, and for their other kids, too. They also need hats, booties, diapers and strollers. Donations can be dropped off at the Chebucto Family Centre at 3 Sylvia Ave. or staff can pick them up.

quest doulas because they had to leave their support network at home.

"They come from a beautiful culture where a pregnant woman is surrounded by family and friends during this time in her life so there's a real void when they arrive in Canada," she said. "We try as best as we can to be a support to her in that way, and we do not compare at all to her friends and family at home but we do try to fill that gap as much as possible."

Cruikshank works with many of these families and she says it's an honour to witness their strength and determination at a vulnerable time.

"I benefit far more from working with these families than vice versa. As a doula and a person, I learn so much working with these families."

WEATHER

Storm hits East Coast

It could be some time Thursday before some residents of New Brunswick have their power restored following a messy pre-winter storm.

A blast of heavy, wet snow and cold rain caused power outages, school closures and flight cancellations Wednesday in the Maritimes.

New Brunswick was the hardest hit by the storm, with NB Power reporting more than 46,000 customers without power at one point.

Marie-Andree Bolduc, a spokeswoman for the utility, said that number had been reduced to about 20,000 by late Wednesday afternoon.

"We have 129 crews on the ground and we're expecting an additional 20 crews to join them tonight to keep working overnight," she said.

The largest concentration of outages are in a line between Fredericton, Moncton and Shediac. Bolduc said the biggest problem is heavy, wet snow that caused branches to make contact with the power lines.

There were also power outages reported in Nova Scotia's Pictou County.

Prince Edward Island saw a significant accumulation of snow, with schools closing and flights into Charlottetown delayed.

Environment Canada had weather alerts in place for much of New Brunswick, where snow accumulations could reach 25 centimetres in some communities by Thursday, while P.E.I. was also expecting some wet snow.

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Police are looking for a thief that is believed to have broken into vehicles in Bedford. CONTRIBUTED

Man wanted in Bedford car thefts

CRIME

Police release photos of the suspect to encourage tips

Police are asking the public to help identify a man believed to have broken into vehicles at Bedford's Rocky Lake Dome hockey rink last month.

In a media release, Halifax Regional Police said on Oct. 27 at about 4:50 p.m. they received a complaint from an off-duty RCMP officer that her van was broken into. Her purse, which contained her wallet as well as her RCMP badge, had been stolen while she was at the rink.

The dome is located at 44

Verdi Dr.

Police have released photos of a man believed to have broken into the van. He's also believed to be responsible for breaking into another car that same afternoon where the back passenger window was smashed and an iPad was stolen.

The suspect is described as a young white man with short, light-coloured hair and scruff on his face. He was driving a black or dark purple two-door Honda Civic hatchback with a large spoiler and silver edged black rims.

In the photos, the suspect entered the rink twice that afternoon between 4:15 and 4:40 p.m.

At one point he returned to the Honda Civic and moved it to a different parking spot. At first, he's wearing sunglasses

+ INFO SOUGHT

Police are asking anyone with information about this incident, or anyone who can identify the man or his vehicle, to contact them by calling 902-490-5020.

Anonymous tips can also be sent to Crime Stoppers.

on his head, an orange hoodie with a blue Under Armour logo, blue jeans and black sneakers with white soles.

During the second photo series he's wearing a black hoodie with a small white crest on the front and a white ball cap.

METRO

BASEBALL

Cubs fans are a-Twitter over Wrigley the goldendoodle



Wrigley was named in honour of the Chicago Cubs' home field. TC MEDIA/CONTRIBUTED

With the final out, it was time to fulfil a promise.

After the Chicago Cubs ended the longest championship drought in Major League Baseball by winning the World Series on Nov. 2, Truro Daily News editor Joey Smith had to make good.

On Friday, he tweeted about he and his wife welcoming a new pup into their home, after promising her they'd get a goldendoodle if the Cubs won the series.

Joey and Monique brought Wrigley home a short time ago. He was named in honour

of the Cubbies' iconic home field.

So Joey tagged his beloved Chicago team in his tweet, and by Sunday, it had gone viral.

Due to the fact that the Cubs are still very much on the minds of sports fans, and Wrigley is just so darned cute, responses came fast and furious with hundreds of retweets and favourites.

It caught the interest of, not only Cubs' fans, but also pet owners, many of whom also have goldendoodle breeds or canines named Wrigley.

TC MEDIA



WEATHER CITY ESCAPES WORST OF STORM Leaves still remain on a few trees like this one along South Park Street. An overnight storm Tuesday night into Wednesday brought snow for most of the province, but once again only amounted to some wet snow and rain for Halifax. JEFF HARPER/METRO

New school has a name

EDUCATION

Dartmouth South picked from 38 submissions



Jen Taplin
For Metro | Halifax

Drum roll please ... the name of the new school replacing Southdale-North Woodside Elementary and Prince Arthur Junior High school will be Dartmouth South Academy.

The new P-9 school was announced in 2012, and Prince Arthur closed in 2015. Construction on the school started in the spring.

Principal Adrienne Blumenthal briefed the Halifax Regional School Board on Wednesday night on the committee formed to come up with a name for the new school.

There were 38 submissions

from the community, staff and students as well as the schools that will feed into the new school.

One thing was certain from the beginning Blumenthal said: they wanted to have a brand new name.

"We wanted to take on a new start for our wonderful new school," she said.

There were also suggestions for naming it after people such as Terry Fox and others. Blumenthal said naming a school after someone was "a huge deal" and the committee thought there were other ways to honour them.

A couple of board members voiced concern about using academy instead of school but in the end they voted in favour of the name.

+ OPENING

Dartmouth South Academy is slated to open in September 2017.

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- Great organizational and time management skills
- Outstanding communication skills
- Intermediate knowledge of Microsoft Office - Word, Excel & Outlook
- Attention to details and thoroughness in the execution of tasks
- Must be a team player with a great, and we mean great, sense of humor

Individuals interested and having the skills described are requested to submit their resume and cover letter on our career site at: <https://careers-starmediagroup.icims.com/jobs/1075/receptionist-sales-coordinator/job> no later than December 4, 2016. All submissions will be treated as confidential! Thank you for your interest in joining our Metro News Team!

metro



The Supreme Court of Nova Scotia heard arguments over whether to allow a class action on behalf of former residents of a black community bulldozed in the name of urban renewal in the 1960s. METRO FILE

Africville holdout defiant in court

PROPOSED CLASS ACTION

Lawsuit seeks justice for hundreds relocated

On the shores of the Bedford Basin — where a thriving black community once stood before it was bulldozed by the City of Halifax — lives a man who still refuses to leave Africville.

"Until justice is served, I'm going to be out there in Africville doing my protest," said 70-year-old Eddie Carvery, who lives in a small trailer near the rebuilt Africville church with his German shepherd, Shadow.

Carvery was one of about 40 Africville supporters at the Nova Scotia Supreme Court on Wednesday, where arguments were being heard about whether to certify a proposed class action lawsuit for personal compensation for as many as 300 former residents.

For half a century, Carvery has fought for the people of Africville, who were pushed out of their community in the name of urban renewal in the 1960s.

"I've been through heart attacks and Hepatitis C. I've seen the Ku Klux Klan. I've been chased out of Africville by the police. Negative people used to come down and chased me out. They burnt my little place a couple times — but I'm still there."

A statement of claim was

filed in 1996 against the City of Halifax, now part of the amalgamated Halifax Regional Municipality, and the suit was recently revived after amendments to the claim were granted by the court.

Robert Pineo, a lawyer for plaintiff Nelson Carvery, argued the potential class members had an interest in the communal land of Africville and used it for a variety of activities including fishing, farming and gardening. He said the continued use of that land was taken away when the City of Halifax expropriated it.

"They don't have access to the former community aspects of their community," Pineo told Judge Patrick Duncan. "This community continues to exist in spirit but this is a community that continues to suffer and be hurt by its destruction in the 1960s."

Karen MacDonald, a lawyer for the city, argued that just because the former residents used the land does not mean they had any sort of ownership of it. She said the definition of communal land was not defined in the claim, and argued claims should proceed on an individual basis, not as a class.

"We've taken the position that it's not appropriate to certify because of the fact that it's

difficult to determine what the communal lands are and who would be in the class," said MacDonald outside of court.

The plaintiff has proposed that an eligible class member would include Africville residents who were removed by the City of Halifax, who had a property interest in the communal lands, and that those interests were expropriated or taken by the city.

The suit seeks liability on the part of the City of Halifax, damages and costs. Pineo said any damages would be paid out to class members equally.

Duncan reserved his decision. In a brief filed with the court, Pineo says Halifax did not follow its own expropriation rules under the city's charter.

He said the residents were never informed at the time there was a process they could follow to appeal the amount of compensation they were offered for the land.

In 2010, some former Africville residents reached a multimillion-dollar settlement with the city that included a public apology and \$3 million to rebuild the Africville church, but the settlement did not include personal compensation.

THE CANADIAN PRESS



Negative people used to come down and chased me out. They burnt my little place a couple times — but I'm still there.

Eddie Carvery

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Man gets six months jail time

CRIME

Jimmy Melvin sentenced for threatening to kill an officer

Notorious Halifax crime figure Jimmy Melvin Jr. was sentenced to six months in prison this week after pleading guilty to threatening to kill a corrections officer.

James Bernard Melvin, 34, otherwise known as Jimmy Melvin Jr., was sentenced in Pictou provincial court Tuesday on a single charge of uttering a threat to cause death to a corrections officer at the North East Nova Scotia Correctional Facility in Priestville on Nov. 28, 2015.

Crown attorney Patrick Young told the court that Melvin was being held in segregation at the facility when corrections officers entered his cell to remove a mattress. He refused to comply with requests leading to a struggle and him being pepper sprayed.

Following a shower, Melvin was taken back to his cell and asked several times to hand over



Jimmy Melvin Jr., 34, leaves Dartmouth provincial court. The crime figure pleaded guilty for threatening a corrections officer and was sentenced in Pictou provincial court Tuesday. METRO FILE

a towel he had been given to dry his face. He refused and spit toward the door of the cell. He looked at the corrections officer videotaping the interaction and told her she was dead and if he saw her in the north end of Halifax, she would be getting her legs broken.

Young said he continued to yell derogatory names at the officer and stated several more times that he was going to kill her and she should watch her back.

The Crown attorney said Melvin has a long list of violent criminal convictions including nine

for uttering threats. He said the accused's pre-sentence report is "bleak" since he only has a Grade 6 education, no employment and a history of drug use.

He said the corrections officer was carrying out her duties under the law when she was subjected to the verbal abuse.

He recommended the court consider a sentence of 12 to 15 months.

Defence lawyer Doug Lloy said his client's mental health has deteriorated greatly because of the long period he has spent in isolation in prison facilities.

"It has eaten away at his mental health," said Lloy, adding that Melvin's family has echoed the concern.

Lloy said his client has harmed himself in the past in an attempt to be released from segregation and as a result of time in isolation has a "deep seed of suspicion" in regard to the justice system. He is convinced it is not there to help him.

"He was peppered sprayed and videotaped and vented his frustration on the victim," he said, adding a three-month jail sentence would be appropriate.

Melvin apologized to the court for his threats to the victim, but he said after 18 months in segregation, he is unsure if he is "coming or going."

He said he is housed in cells at the North East Nova Scotia Correctional Facility that have cameras used for people on suicide watch, which makes him think

LEGAL STATUS

Jimmy Melvin Jr. is currently on remand facing a first-degree murder charge in the 2009 slaying of Terry Marriott Jr. He was charged in July 2015, and that trial is set for 2017.

that he is suicidal. He added that he is tired of fighting for the "necessities of life" when he is in prison, such as toilet paper and reading materials.

Judge Del Atwood said Melvin's charge is a result of verbal abuse and "extremely chilling threats" that rose out of his lengthy time in segregation, being pepper sprayed and the fact that he was being videotaped.

He said he considers the incident to be a mid- to low-range occurrence, adding it is unlikely Melvin intended to carry out the threats.

Atwood sentenced Melvin to six months in prison and he must pay a \$200 victim surcharge within the next 24 months. TC MEDIA

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IN BRIEF

Man filmed people in clinic washroom: Police

Police say staff at a Nova Scotia medical clinic were surreptitiously filmed while using the washroom.

New Glasgow Regional Police say they arrested a 41-year-old man Tuesday after receiving a complaint about voyeurism at the Westside Medical Centre.

They say someone was filming people in the staff washroom, "in situations where they had an expectation of privacy."

A man was charged

with voyeurism, but has been released with strict conditions to appear in Pictou provincial court on Dec. 5. Police say the investigation continues.

THE CANADIAN PRESS

Scotsburn Ice Cream sold to Quebec-based Agropur

Nova Scotia ice cream company Scotsburn Cooperative Services Ltd. says it has reached an agreement to sell its business to Quebec dairy giant Agropur Cooperative.

As part of the deal,

Scotsburn spokeswoman Patricia Irving says Agropur will continue to employ the company's 260 full-time and part-time unionized employees in the Maritimes and Quebec.

Irving could not say how the sale will impact Scotsburn's approximately 100 non-unionized workers.

Scotsburn CEO Jeff Burrows says in a statement that the deal will safeguard many local jobs and ensure the future of local frozen dairy production.

THE CANADIAN PRESS

2015 Hfx No. 436908

BETWEEN: SUPREME COURT OF NOVA SCOTIA
CIBC Mortgages Inc., a body corporate
- and -
Barbara Cater (also known as Barbara Chase) and Golding & Associates Limited
in its capacity as Trustee of the estate of Kimber Harnish

PLAINTIFF
DEPENDANTS

NOTICE OF PUBLIC AUCTION

To be sold at public auction under an Order for Foreclosure, Sale and Possession, unless before the time of sale the amount due to the Plaintiff on the mortgage under foreclosure, plus costs to be taxed, are paid:

Property:
Building, lands and premises known as 205 Abrams Way, Halifax, Halifax County, Nova Scotia, identified by PID 40722563 and referenced at Schedule "A" of the mortgage dated August 14, 2008 and recorded at the Land Registration Office for Halifax County as Document No. 94103448. This property is registered pursuant to the Land Registration Act.

Subject to restrictive covenants, easements and municipal agreements.

A copy of the description of the property, as contained in the mortgage foreclosed, is on file at the Prothonotary's office and may be inspected during business hours.

Date of Sale: Tuesday, December 6, 2016
Time of Sale: 11:00 a.m. local time.
Place of Sale: Halifax Law Courts, 1815 Upper Water Street, Halifax NS B3J 1S7.
Terms: Ten per cent (10%) deposit payable to "Burchells LLP, in Trust" by cash, certified cheque or solicitor's trust cheque at the time of sale, remainder within fifteen (15) days upon delivery of deed.

Signed November 2, 2016
Nicholas C. G. Mott
COX & PALMER
1100-1959 Upper Water Street
PO Box 2380 Central
Halifax, NS B3J 3E5
Solicitor for the Plaintiff

I, Andrew Rankin, Barrister
Burchells LLP (Halifax Office)

Pipeline voices

A day after Prime Minister Justin Trudeau announced cabinet approval of the Trans Mountain pipeline, we talk to Albertans on the ground about the decision.

METRO

Prime Minister Justin Trudeau announced the approval this week of two major oil pipeline expansions, insisting all the while that the new fossil fuel infrastructure fits within his Liberal government's plan to reduce greenhouse gas emissions.

Environmental advocates immediately called the approvals a betrayal, but a series of government climate policy moves this year suggest Canada's emissions should come down - although whether it will be enough to meet the country's 2030 climate commitment is another matter.

Trudeau sits down next week with provincial and territorial premiers to complete a pan-Canadian climate strategy that's supposed to put the country on a downward emissions trajectory to its 2030 Paris emissions target. The government has promised the United Nations that Canada will cut emissions 30 per cent below 2005 levels by 2030.

THE CANADIAN PRESS



Stan Gervais, oilpatch worker



Mike Hudema, Greenpeace Canada spokesperson

I feel like Alberta made a huge strategic error in wasting so much time talking and pushing for pipelines, a resource that the world needs to move away from and the world committed to moving away from.



Joseph Jobin, Chief Operating Officer, Treaty 8 First Nations of Alberta

It is noteworthy that Premier Notley had nothing to say about First Nations approval or inclusion in the process ... We're willing to work to ensure success for Alberta, but there's still lots of hard work and consultation needed.

I think what happened is good. It would've been nice to get all three (pipelines), but I think the government has to make everybody happy, so he made the oilpatch happy by approving the two and made the other people happy by not approving one.



Ian Anderson, president, Kinder Morgan, Calgary

This is a defining moment for our project and Canada's energy industry.

COURTS

Judge Camp should go, committee says

A Canadian Judicial Council committee says a judge's apology for asking a sexual assault complainant why she couldn't keep her knees together doesn't offset the damage done and Robin Camp should lose his job.

"We conclude that Justice Camp's conduct is so manifestly and profoundly destructive of the concept of the impartiality, integrity and independence of the judicial role that public confidence is sufficiently undermined to render the judge incapable of executing the judicial office," the five-member panel wrote in a unanimous decision released Wednesday.

THE CANADIAN PRESS

#WOMENONBOARDS

Canadian firms are proving more diverse



Ryan Tumilty
Metro | Ottawa

Canada's major corporations have a few more women and a bit more diversity around their boardroom tables — but they are still a long way from reflecting the make-up of the country.

The Canadian Board Diversity Council released its annual survey this week showing that women now make up 21.6 per cent of the directors on the boards of 500 major Canadian companies. That's up slightly from 19.5 per cent last year and up significantly from the 10.9 per cent in 2009, when the survey first began.

About 4.5 per cent of board directors said they were a mem-

ber of a visible minority, 1.8 per cent identified as a person with disabilities, 0.6 identified as Indigenous, and 2.1 per cent said they were a member of the LGBTQ community.

Sean Hemraj, vice-president of business development and marketing for the Women's Executive Network, said the numbers are an improvement but there is a lot of work to do.

He said diversity is not just about better representation, but about better business.

"It offers a different perspective that helps organizations recognize, adapt and innovate based on what is happening in the real world," he said.

Retail companies had the most gender diversity, but mining and oil/gas firms were much lower.

Trump leaves businesses

POLITICS

President-elect walks away from empire to focus on presidency

President-elect Donald Trump declared Wednesday he will leave his business empire behind to focus on his presidency. But the prospect that he could simply shift more control to three of his adult children looked too cozy to some business-ethics specialists who suggest the arrangement could bring unprecedented conflicts of interest into the Oval Office.

Trump announced in a series of early morning tweets that he would leave his "great business," adding: "While I am not mandated to do this under the law, I feel it is visually important, as president, to in no way have a conflict of interest with my various businesses."

Trump provided no details, though he said legal documents were being prepared. He pre-

viously had said he'd leave his business operations to his three eldest children - Donald Jr., Eric and Ivanka.

Asked if the tweets indicated plans to move the businesses to the children, Trump senior adviser Kellyanne Conway said Wednesday, "it appears that way."

"The three adult children who do already work in the corporation are expected to continue in those roles and in fact increase their responsibilities in those roles," Conway said.

Ethics experts have pushed for Trump to fully exit the ownership of his businesses using a blind trust or equivalent arrangement.

The laws are generally loose for presidents regarding their businesses except when it comes to ties to or gifts from foreign governments.

Trump spent much of Wednesday conducting meetings in his Manhattan high-rise. His pick for secretary of state remains up in the air, though aides say he has narrowed his choices to four.

One contender, former Massachusetts Gov. Mitt Romney dined with him. THE ASSOCIATED PRESS



MORE PHOTOS ON THE METRO APP

CELEBRATING THE OBAMAS' LAST CHRISTMAS This year's White House Gingerbread House in the State Dining Room of the White House during a preview of the holiday decor at the White House. The gingerbread house features 150 pounds of gingerbread on the inside, 100 pounds of bread dough on the outside, 20 pounds of gum paste, 20 pounds of icing, and 20 pounds of sculpted sugar pieces. THE ASSOCIATED PRESS



First Lady Michelle Obama speaks to military families in the East Room of the White House during a preview of the 2016 holiday decor. THE ASSOCIATED PRESS



Larger than life replicas of Bo and Sunny, made of more than 25,000 yarn pom-poms. THE ASSOCIATED PRESS

Cubans line up to bid leader farewell

MOURNING

Fidel Castro makes his final journey through nation

To waving flags and some shouts of "Long may he live!" Fidel Castro's ashes began a four-day journey across the island Wednesday, retracing the path of his triumphant march into Havana nearly six decades ago.

A small, Cuban-flag covered cedar coffin containing the remains of the 90-year-old leader was taken out of Cuba's Defence Ministry just after 7 a.m. and placed into a flower-bedecked trailer pulled by a green military jeep for the more than 500-mile (800-kilometre) procession to his final resting place in the eastern city of Santiago. The ashes will be interred Sunday, ending the nine-day mourning period for the man who ruled the country

for nearly 50 years.

The route traces in reverse the victory tour Castro and his bearded rebels took after overthrowing the forces of strongman Fulgencio Batista in 1959.

Outside Havana, the caravan will pass through rural communities significantly changed by social and economic reforms he adopted. Many residents now have access to health care and education. But many of those towns are also in a prolonged economic collapse, the country's once-dominant sugar industry decimated, the sugar mills and plantations gone.

Thousands lined the streets of Havana, some sleeping on sidewalks overnight, to bid goodbye to Castro. Many attended a massive rally Tuesday night at Havana's Revolution Plaza, where the presidents of Cuba, Mexico, Ecuador, Bolivia, Venezuela and South Africa, along with other leaders offered speeches paying tribute to Castro.

THE ASSOCIATED PRESS



Children hold a photograph of former Cuban President Fidel Castro as they wait for the caravan transporting his remains to pass on its journey to Santiago de Cuba. GETTY IMAGES

New York thief snags gold in broad daylight

Rebecca Chiu
Metro | Toronto

He walks pretty quickly for someone carrying 86 pounds — perhaps because the content of the bucket is worth \$1.6 million.

New York police released surveillance video from Sept. 29, showing a man milling about an armoured truck in Midtown Manhattan before grabbing a bucket off the back of the vehicle and scurrying away.

All the while, two men are sitting in the truck's cab, unaware they just got robbed. Police say they don't believe the man knew the contents of the bucket, but that he probably knew there was a chance it had value.



NYPD are searching for a man who stole a bucket full of \$1.6 million in gold. NYPD

"I think he just saw an opportunity, took the pail and walked off," NYPD Det. Martin Pastor told WNBC-TV. Police are searching for the suspect, who they believe is now in Florida.

VIDEO ON THE METRO APP

CHESSE

Magnus Carlsen remains the chairman of the board

Reigning champ Magnus Carlsen of Norway has defeated Sergey Karjakin of Russia in the World Chess Championship in New York City. Carlsen retained his title Wednesday night by

winning the best-of-four speed games with two wins and two draws. Organizers estimate that 6 million people followed the series of quick tiebreaking games. The prize was \$1.1 million divided between the players.

THE ASSOCIATED PRESS

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GUEST OP-ED ILANA LANDSBERG-LEWIS



The international community has finally mobilized around delivery of drugs for HIV to Africa, but drugs are not enough.

We all know if a member of our family had a life-threatening illness, it would be a tremendous relief to know that drugs to prolong their lives were available through our health care system.

But we would also be very aware that our own work had just begun: endless trips to the doctor, coping with the side-effects, and urgently moving to find emotional and psychological support to protect our loved one from despair. We would be managing the family's emotional crisis; dealing with the economic consequences of lost income if it's an adult, and the visceral need to hang on to hope for the future if it's a child.

The international community has finally mobilized around the delivery of drugs for HIV to Africa. Currently under half of those who need the medication have access, the commitment at least has been made to ensure 90 per cent will be reached.

The heartbreaking reality is that this single-minded focus on delivering drugs has come at the expense of support for the human dimensions of the AIDS crisis. Community-based organizations — which are working directly on the front lines with millions of HIV positive people — are voicing their alarm: Drugs are desperately needed, but drugs are

not enough.

So the drugs arrive at a community clinic, now what? How do families infected and affected by HIV and AIDS reclaim their

support group will save their lives. When you're afraid to get your granddaughter tested because you can't bear the spectre of more suffering, a com-

for the international HIV and AIDS response. The Global Fund to Fight AIDS, Tuberculosis and Malaria received its \$13 billion, but only a fraction of this



THEN AND NOW A man makes a call on a mobile phone as he passes World AIDS Day banners on the perimeter of an office building in Johannesburg, South Africa, in 2014. THE ASSOCIATED PRESS

health and lives? Community-based organizations are providing the answer. Legions of home-based care workers are testing and counselling their neighbours. Nutrition counsellors and food supplements ensure people's bodies accept the drugs.

And then there's the all-important ongoing work to break through stigma and shame. You can imagine the grief and fear of disclosing an HIV diagnosis to your family.

A home-based care worker, often an HIV-positive woman, helps you through it. And when your adolescent child balks at taking the drugs forever, a peer

community counsellor will hold your hand and get you through it, and teach you how to administer the drugs. When your family has been economically decimated by AIDS, an income generation project can get you back on your feet and get the children (particularly girls) back into school.

The availability of drugs means HIV is no longer a certain death sentence. But it's the work of community-based organization that is resurrecting life.

The fact that CBOs are doing all this work on their own, with woefully inadequate funding, has become a huge dilemma

will go to community-level work. The Lancet Commission and the UN political declaration on HIV have called for a massive infusion of funds for grassroots work. Still the money is nowhere in sight.

It's time to get real. We join the families across Africa sighing with relief at the long-awaited arrival of HIV medication, but everybody knows drugs are not enough. Everybody knows that the work being done by community-based organizations must be funded. Why are we waiting?

Ilana Landsberg-Lewis is executive director of the Stephen Lewis Foundation

VICKY MOCHAMA

Gilmores' girl-on-girl banter sounds suspiciously like life

When *Gilmore Girls* premiered 16 years ago, it was unique — a female-centric show that stayed focused on women — but the data shows that with its return to Netflix, it is still an anomaly.

Gilmore Girls can do no wrong. In my heart, it already has five stars (I rate on a four star system.) It would be like Netflix putting out a show called *Your Mom*, featuring only video clips of my mother. Even when she's not perfect, she's perfect to me.

So instead of quality or plot, I'm watching for validation.

This isn't to set the bar low for the revival. With a cast including Melissa McCarthy, Kelly Bishop, and Edward Herrmann there were many Emmy-worthy episodes in the original run. Exhibit A: In a Season 1 episode, Rory (Alexis Bledel) returns home in the early morning after a date. On finding out, Lauren Graham's Lorelai veers from panicking to castigating her mother to fighting with her daughter. Within a five-minute span, she hits every single note perfectly.

Notably, that scene like countless others in the *Gilmore Girls*' canon, is focused on women's relationships with each other. This was a show entirely about women's lives apart from men. (Occasionally, the plot centres on a man but, despite our best efforts, that happens in women's lives too.)

In writing women's lives, film and television consistently fail. Take the Disney princess films. You'd think that women clearly dominate the dialogue in movies about

them. Turns out that even in fictional cartoon worlds, men routinely talk over women.

Researchers found that in the original three princess films — *Snow White*, *Sleeping Beauty* and *Cinderella* — female characters speak as much or more than male characters but that in the films of the 1990s, male voices dominate the dialogue: they speak 76 per cent of the time in *Pocahontas*, 68 per cent in *The Little Mermaid*, and 71 per cent in *Beauty and the Beast*. In the newer films like *Tangled*, *Brave* and *Frozen*, males still get the majority of talk time.

An exhaustive study from Polygraph confirmed the trend. Looking at screenplays for 2000 films, the team found that men over-indexed in speaking roles across every genre of film and age of actor. Even romantic comedy had men speaking 58 per cent of the lines. Polygraph also found that women actors over 42 experienced a sudden drop in assigned dialogue and that by age 65, they were virtually mute. Conversely, as men aged, they were given more speaking roles.

From a bird's-eye view, then, it's easy to see why the revival has caught the attention of so many women. We're starving to hear women's voices, even if they're the same ones we've heard before.

So not only is it great to hear the *Gilmore* women talk again but in the dim landscape of television and film, it's nice to hear any women talk at all.

It's the work of community-based organization that is resurrecting life.

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A guide to spotting fake news

SOCIAL MEDIA

Librarians give tools to catch manipulative stories online



May Warren
Metro | Toronto

Prime Minister Justin Trudeau is Fidel Castro's long-lost illegitimate son.

It's the latest example of a totally made-up, 100 per cent false news story, one that was circulating on Facebook after the Cuban leader's recent death.

To help weed out such

bogus news, which proliferated during the U.S. election and generated big ad dollars for creators, librarians at the University of Toronto have developed a handy cheat sheet.

Student engagement librarian Heather Buchansky said it's about giving readers the tools to spot fake stories and the guide is a "reminder to be more critical" as more and more people turn to sites like Facebook for information.

"It's quite easy to fall prey when you look at a website and you're thinking ok, well if it's online it must be true," she said.

Gavin Adamson, a journalism professor at Ryerson University, urges people to click around a bit before shar-

ing articles on social media. When news sources don't have a lot of other content it's a clue that stories may be fake.

"These websites don't stand up to a lot of due diligence. If you just take a moment after recognizing you're probably being manipulated it's very easy to tear these things down," he said.

For Jeffrey Dvorkin, lecturer and director of the journalism program at the University of Toronto Scarborough, fake news is not a new problem, but that doesn't mean it shouldn't be taken seriously.

"The problem with the digital culture is that it is really the Wild West of information," he said.

"We shouldn't freak out and figure the sky is falling, although the clouds are a bit lower than they use to be."

Given the "tsunami" of content available online, people are driven towards sources where they feel more comfortable that often just confirm their own biases, he said.

Both Google and Facebook have been under fire for allowing fake news, and recently announced they will take measures to curb sham stories.

Closer to home, Buchansky said they've had a good response to the guide, posted Friday, and shared by librarians on social media.

"It hasn't spread as far as fake news itself," she said. "But it's been positive."



University of Toronto librarians Eveline Houtman and Heather Buchansky have developed a guide to help students spot fake news. GEOFFREY VENDEVILLE/ COURTESY OF UOFT NEWS

CHEAT SHEET

Top ways to spot lies on the internet

With so much content out there it can be easy to be duped. Here's a handy cheat-sheet on how to spot fake news and avoid accidentally spamming your friends:

1 Domain name is key
Look at the domain name. When sites end in unusual ways, such as ".com.co," it's a clue they may be fake.

2 Check your sources
Check out the source a little more carefully. If you've never heard of a website look at the "About Us" section for more info, or explore it more to see how much other content there is.

3 Google it
Google the headline to see how other news sources are reporting the story. Are there any other accounts? How have other outlets reported it?

4 THIS IS A CLEAR SIGN IT'S FAKE
The use of ALL CAPS, and very poor web design are

clues you're not looking at a reliable source.

5 It's trying to get you riled up
Does the article make you incredibly angry or outraged? Good journalism can also evoke emotion but if something is trying to make you mad on purpose to share the story and get ad revenue, it's a red flag

6 Fact-checking units
When in doubt there are a few handy websites that can help verify stories and sources, such as: FactCheck.org, PolitiFact, and Snopes.



A tweet by @TrumpaholicMAGA claimed "they sure look alike," and the user shared this image of Trudeau and Castro. Fake news stories easily gain momentum online. ILLUSTRATION BY METRO; PHOTO VIA @TRUMPAHOLICMAGA



SCREENSHOT/UOFTNEWS



JOHANNA SCHNELLER
WHAT I'M WATCHING

Witty, wry, even sad, Fleabag a sensation

THE SHOW: *Fleabag*, Season 1, Episode 1 (Amazon Prime)
THE MOMENT: Dissing the ex

Fleabag (Phoebe Waller-Bridge, who created and writes the show) has just met a buck-toothed man on a bus (Jamie Demetriou). He asks how her ex was fool enough to let her go.

"He was just really kind and supportive," she says. "He'd cook all the time, run baths. Laugh at my jokes. He was great with my family. Plus he was really f—ing affectionate." She's serious, but Bus Rodent doesn't get it. "Yeah, he sounds like a dickhead," he says.

She gives him her number. "I'll be sure to treat you like a nasty little bitch," he says. She grins into the camera at us.

"Um, that was a joke," he says.

"Oh, I know," she trills. But

to us, she frowns.

In this six-part series, Waller-Bridge's sharp-tongued, but secretly self-loathing, Londoner (we never learn her real name) frequently breaks the fourth wall, talking directly to the viewer in the middle of a scene. It's like watching your best friend's home movies while she whispers the real, raunchier story in your ear.

She obsesses about sex, "the performance of it. The awkwardness." She kills time in the failing café she opened with her best pal Boo (Jenny Rainsford). She laments to her uptight sister Claire (Sian Clifford) that her farts now sound like their mum's.

You can see why the show is a sensation. Waller-Bridge is witty and wry and then suddenly sad. Though by the end you may feel that a piece of her soul is still missing, you'd happily come back for more.



Phoebe Waller-Bridge frequently breaks the fourth wall and talks directly to the viewers in *Fleabag*. CONTRIBUTED

An old soul with an eye on the future

MEMOIR

Rajiv Surendra on heartbreak, big dreams and trying to swim

Sue Carter
For Metro Canada



When Rajiv Surendra was only 12 years old — well before he was cast as the rapping mathlete Kevin Gnapoor in Tina Fey's cult comedy *Mean Girls* starring Lindsay Lohan — he took up calligraphy while working as a costumed interpreter at Toronto's Black Creek Pioneer Village.

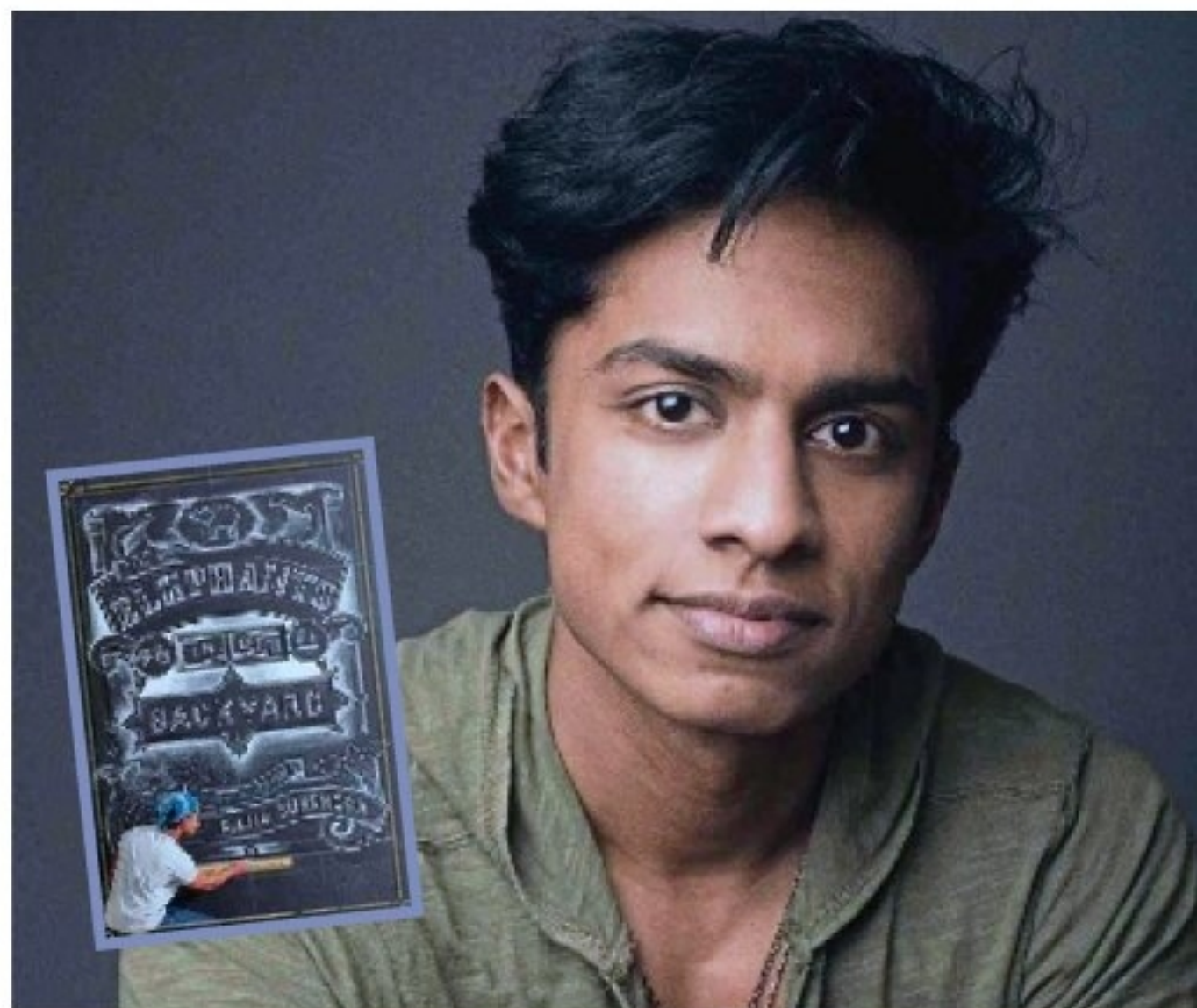
It's an unusual hobby for a young boy, but Surendra has always been something of an old soul. "I think there's something so important about looking at the past to understand the future," Surendra says. "I feel such a connection with a slower, quieter time."

The key to creating his smooth pen or chalk strokes, Surendra explains, is that it takes not just a steady hand, but use of his full arm, right from his shoulder.

It took years to perfect the craft, which he has now turned into a career.

Surendra's obsessive nature and unwillingness to settle also led him on the biggest journey of his life, trying to snag the lead role in the film adaptation of Yann Martel's novel *The Life of Pi*. His failed quest is at the heart of his memoir, *The Elephants in My Backyard*, which he refers to as "the Eat, Pray, Love for the millennial generation."

It was a camera operator on the *Mean Girls* set who suggested



Surendra describes his book, *The Elephants in My Backyard*, as "the Eat, Pray, Love for the millennial generation." CONTRIBUTED

Surendra read *Life of Pi*, saying, "It's a book about you."

Surendra tore through the novel and discovered eerie similarities with Martel's protagonist. Although he had obviously never survived on an ocean raft with a menagerie of wild beasts like Pi, both were young, thin Tamil men who grew up with animals, and studied at the University of Toronto's St. Michael's College. And so when news broke that a film in the works, Surendra wanted the lead more than anything in his life. He was Pi.

Surendra travelled to India for several months to immerse

in the culture. He dove off a cliff and stared a tiger in the eye, but that was not half as frightening as getting in the water. "On the horrible, horrible days when I was so scared in the water and I was hyperventilating and my muscles were seizing, I would tell myself that even if you don't get this part, all the work and struggling will be worth it because you will know how to swim," he says.

When director Ang Lee eventually cast unknown Indian actor Suraj Sharma in the part, Surendra was devastated, and took off for Munich for a year to mourn. "After six years of re-

search and dreaming, Pi was a real person to me — it was like he died," he says.

Eventually Surendra came back to Toronto, and picked up his calligraphy pen again.

"The reason why I was motivated to write this story down is because I learned so much," he says. "Hey, if I could embark on something like this, and fail and pick myself up and keep going, then the next big dream or journey won't be difficult."

Sue Carter is the editor at Quill & Quire magazine.

THE TOP 6@6

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- 3 Niall Horan
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- 2 Jon Bellion
All Time Low
- 1 Shawn Mendes
Mercy



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EQUITY WOMEN 'MUST CONTINUE TO DREAM BIG'

Serena Williams has penned an open letter calling out what she sees as double standards faced by women in sports. The 22-time Grand Slam champion says people call her one of the "world's greatest female athletes," but notes that male athletes such as LeBron James and Tiger Woods aren't described by their gender. Williams says the equal pay issue frustrates her because women "have done the same work and made the same sacrifices as our male counterparts." She says women "must continue to dream big" to "empower the next generation of women to be just as bold in their pursuits." The letter was published in Porter Magazine and republished by British newspaper The Guardian. LUCA BRUNO/AP FILE

I never let anything or anyone define me or my potential. I controlled my future.
Serena Williams



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A wow-worthy cheese platter

Impress with a tasty centre-piece for your festive table

Even if you love the holidays, the round of shopping, entertaining and decorating can begin to feel like an endurance test. So when planning for the next holiday get-together, nix the late-night baking sessions and make it easy on yourself by serving a simple but sumptuous cheese plate.

Here's what you need to know to create a showstopper:

Can you ever have enough cheese?

Okay, the answer to that is a resounding no. But as a rule of thumb, cheese experts suggest choosing three to five different cheeses and counting on about 90 to 150 grams of cheese total per person for an appetizer plate; 45 to 60 grams total per person for an after-dinner plate; and 250 grams total per person for a cheese tasting.

Compare and contrast

When it comes to determining what cheese should grace your plate, opt for a variety

of tastes and textures. Choose three to five cheeses, including a hard cheese such as Canadian Parmesan, a semi-hard cheese like Canadian Aged Gouda or Cheddar, with a soft bloomy cheese (think a delicately runny Canadian Brie or Canadian Camembert) and perhaps a rich veiny Canadian Blue, a nutty Canadian Swiss Cheese or a smoked cheese.

Add a little oomph

Savoury nuts, marinated olives, cured meats or sun-dried tomatoes will add colour and variety to your plate. And the sweetness of honey, dried fruits, fig jam or chutney and plump grapes, sweet berries or crisp slices of apple or pear make a fine complement.

Room to breathe

Set your cheese out at room temperature at least 30 minutes prior to serving to let the flavours develop. Allow space between the cheeses on the plate and provide a separate serving knife for each to avoid muddling the flavours. Make it easy for guests to identify their favourites by labelling each cheese.

And carve a few slices to get the ball rolling, as guests may hesitate to be the first one to, well, cut the cheese.

To Cheddar and beyond

There was a time when the most exotic cheese you were likely to find on your grocery-store shelf was a sharp Cheddar. But in recent years, Maritime cheese-makers have been pushing the envelope with a range of fine cheeses. Here are a few local cheese stars and their mouth-watering offerings:

- That Dutchman's Cheese Farm (Upper

Economy, N.S.): Gouda and award-winning Dragon's Breath Blue Cheese.

- Cows Creamery (Charlottetown, P.E.I.): Cheddars (smoked, clothbound and 2015 Canadian Cheese award-winning extra-old).

- Jolly Farmer (Northampton, N.B.): Brie, Parmesan, Feta, Mozzarella and more.

Whip up a winter wonderland

HOLIDAY STYLE

Outdoor decor ideas for big and small spaces

Tara Nolan

There is a different feeling that comes when decorating outside for the holidays.

For one, you don't have to worry about keeping anything alive as you do through the spring, summer and fall — and there are more lights involved.

But perhaps it's that sense of nostalgia, whimsy and tradition that adds a little magic to outdoor decor plans at this time of year.

Whether you have a grand front entrance or a balcony, here are a few ideas for this year's holiday display.

Outdoor colour combos

You can't really escape the reds and greens at this time of year. However garden designer Crystal Godfrey of Secret Gardens by Crystal says she has been seeing a classic, minimalist feel grow in popularity. She says her clients want to simplify their Christmas decor, perhaps to offset their busy, hectic lives and the stresses the holidays can bring. This means "cabin in the woods," natural hues, such as browns, beiges, greens and just a hint of red.



A traditional holiday look.
RONA HOME & GARDEN

"We try to add extra interest with varied evergreen colours and textures, interesting branches and berries, with simple white mini lights and some textiles, like burlap or plaid ribbon," she explained.

On the other hand, the Hubbards, Nova Scotia-based green thumb has seen an opposing trend: "Basic blacks, mixed with super bright greens and reds — it kind of reminds me of a 'Grinch that stole Christmas' look," she said. "It's totally fun."

Outdoor lighting

While string lights are still a quintessential look, you'll find a few other innovative options on store shelves. Net lights are a great way to get even, overall coverage on a small tree or shrub. And LEDs have evolved to the point where you can control them with your cell phone. At Home Depot, for example, you'll find ApplLights, which allow you to tailor your light show with different col-



An evergreen container by Crystal Godfrey of Secret Gardens by Crystal. CRYSTAL GODFREY

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ours and effects.

"Warm white lights remain the most popular, but we use coloured lighting where the design calls for it and it is especially popular with children," said Godfrey, who likes to put spotlights in pots to light up interesting branches.

Outdoor arrangements

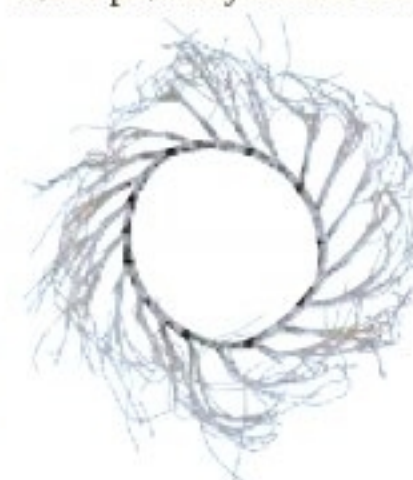
There are so many options for outdoor arrangements these days. You can get creative and assemble one yourself, buy a pre-made arrangement or really simplify things and buy a faux potted, pre-lit Christmas tree or topiary, such as the ones being displayed at Rona this holiday season.

"I like to use a combination of live evergreen shrub with boughs, branches and berries," said Godfrey. "After the holidays are over, the boughs can be removed, leaving just the living shrub, which can be left in the pot

for the duration of the winter for extended interest."

Outdoor accessories

Wreath designs run the gamut from the traditional evergreen look — whether it's alive or plastic pre-strung with lights — to a more minimalist feeling. Indigo has a pre-lit birch wreath in its holiday decor roster, one that could probably remain hung



Indigo LED Birch Wreath.
CHAPTERS INDIGO

well past the holidays.

Simple items, such as lanterns, can be placed on a stoop or balcony. Godfrey uses battery-operated candles to her displays to add warmth and charm.

Garland can also be a natural or faux, like the one created by GlucksteinHome for The Bay that is adorned with mini lights, apples, berries and pinecones. "I have a wonderful gal that I rely on to make the basic garland for me," said Godfrey. "We then add in assorted colourful evergreens, berries, cones and other ornaments to fill it out and to help continue a chosen theme — we do the same with the wreaths and we make our own swags."

And chalkboard signs have become a popular item. Godfrey says you can change up your greeting throughout the holidays. What a great way to welcome guests!



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22**metro SPECIAL REPORT: GIFT GUIDE**

Trendy tech add-ons for those on-the-go

GIFT IDEAS

Accessories for smartphone- and tablet- loving users

Marc Saltzman

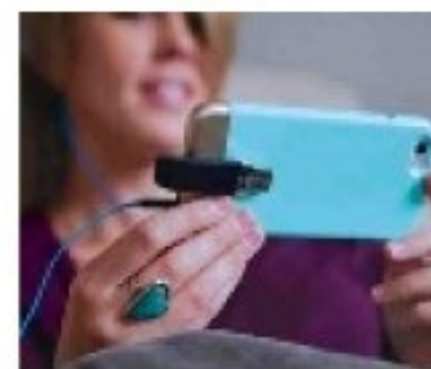
What to buy a smartphone and tablet owner? Accessories, of course.

Loved ones who dote over their smartphones or touch-screen tablets will likely appreciate add-ons that offer added functionality, protection and perhaps fashion to their favourite mobile device.

Hundreds of accessories made their debut in 2016, some designed for specific models and others that can be used with any number of products.

If you'd like some of the ideas, here's a peek at many other stellar options for the gift-giving season.

MDR-1000X (\$499.99) are soft, comfortable and exceptional-sounding over-the-ear wireless headphones with built-in noise-cancellation technology. Press a button for it to "listen" to the environment you're in to best block out ambient noise based on where you are. Cup your hand over the right ear cup if you want to talk to someone. These Bluetooth headphones last up to 20 hours between charges.



For shutterbugs

If you're shopping for photography lovers and they keep complaining about running out of storage on their iPhone, Leef's iBridge3 (from \$79.99) is a small doohickey that snaps into the iPhone (or iPad, iPod touch), which automatically backs-up all of the phone's photos and videos, and lets you safely remove the media off the phone to begin taking more photos. Or shoot photos directly to the iBridge3, if desired. Starting at 16 gigabytes of storage (and going all the way up to 128GB), this small drive can also back-up documents, contacts, and other content, too.



For workaholics

You may not want to bring your laptop everywhere, but what about when you want to do some long-form typing, cranking out documents, lengthy emails or taking notes during meetings? Simply bring your smartphone and the LG Rolly Keyboard 2 (\$124.99). As the name suggests, roll up this portable Bluetooth keyboard to take with you on the go. When needed, unroll it, and start typing away and you'll see the words show up wirelessly on your iOS or Android's screen. Unlike the majority of portable keyboards, Rolly 2 folds along the five key rows to create an easy-to-carry pentagonal prism "stick" that fits snugly into a pocket, purse, backpack or briefcase. Battery life tops 3.5 months.



For pet lovers

If you know someone who'd love to keep an eye on their furry friend while at work — and even dispense treats on demand — then consider Furbo (\$299.99). Simply connect this HD camera to your Wi-Fi network, install the app on your smartphone or tablet, and then kiss your dog or cat goodbye as you leave the house. Now, wherever life takes you, launch the app, talk to your pet, snap a pic or shoot video, and dispense a treat from the launcher by swiping your screen. Other features include night vision, to see your pet in the dark, and a barking alert option, if you'd like to receive notifications to your phone.

For frequent flyers

Jet-setters often need peace and quiet, so they can remain focused while working en route. Others want great-sounding headphones to enjoy music, podcasts and audiobooks. One product takes care of both: Sony's



For thrifty types

The maker of the first smart thermostat (in 2007) is back with an even more affordable model. At \$219, the Toronto-based ecobee3 lite costs about \$80 less than the competition, yet still pays for itself in as little as one year. Along with easily adjusting temperature and comfort settings from the iOS or Android app (or via the thermostat's 3.5-inch touchscreen), ecobee3 lite can be easily programmed to fit your schedule.

Get free monthly reports on how much energy you've saved, along with tips on how to save even more, plus this Wi-Fi thermostat also integrates nicely with smart-home platforms like Apple HomeKit, Samsung SmartThings, and IFTTT.



For gadget geeks

Now this is cool. Er, or hot. The FLIR One (\$329.99) is a clever thermal imaging camera accessory, which snaps underneath an iPhone or Android — you first buy the model that fits your phone — and it lets you see the heat emanating out of a person, pet, or inanimate object. For example, spot people in an underground garage because of their heat signature, or see where energy is escaping in your household. It can also tell you the temperature of whatever you are pointing it at.

For serious smilers

How could a toothbrush be considered a smartphone accessory, you ask? The Oral-B Genius Pro 8000 (\$269.99) wirelessly talks to an app on your smartphone or tablet and not only tells you how long you're brushing and if you're applying too much pressure but offers "position detection technology" that fuses the electric toothbrush's integrated motion sensor with video recognition using your device's front facing camera. In plain English, the app will tell you if you've missed a section of your mouth. Now that's smart.



Go go gadget gifts

TECH ACCESSORIES

Gifts your teens and tweens will love taking on the road

Marc Saltzman

Rather than get something they won't use, wear, or eat (Christmas cake, I'm looking at you), kids today would much rather unwrap some cool tech over the holidays.

In fact, considering many Canadian tweens and teens won't go anywhere without their smartphones, perhaps you can buy something that works with it?

Gift cards for App Store, iTunes or Google Play aren't a bad idea, but if it's hardware you want, there's no shortage of great smartphone accessories — be it cool headphones, designer cases, fitness bands or game controllers for their iPhone or Android.

If you find yourself shopping for a millennial and aren't sure what they'd like, consider one of these following suggestions.

Beat street

Give the gift of cable-free music with the Monster ClarityHD High-Performance Wireless Earbuds (\$79.95). Delivering loud and well-balanced audio, noise isolation, and an in-line mic for clearer phone calls and music control, these Bluetooth earbuds are lightweight, comfortable, and enjoy a battery that lasts more than 8 hours between charges.

These Monster ClarityHD earbuds are available in black or white.

Splish splash

One of the latest in the Fitbit family of activity trackers, the Fitbit Alta (\$169.95) is a wearable, wireless and water-resistant fitness band that tracks steps, distance, calories burned, sleep patterns, and more. Along with showing you info on the lightweight tracker's OLED screen, it also wirelessly sends all the info to a phone, tablet or laptop (for a deeper data dive).

Customize the band with a variety of adjustable metal, leather and classic options.



Game on

Smartphones and tablets make for great gaming devices, but touchscreens aren't always the most comfortable way to control the action. SteelSeries' Stratus mobile gaming controller (\$39.99; for iPhone, iPad, and iPod touch) is a premium Bluetooth controller, supported by thousands of games, and features console-like buttons, analog sticks and a D-pad. Android and Windows gamers, however, might opt for the Stratus XL (\$79.99) wireless controller.



Power play

Kingston's MobileLite Wireless Pro (\$119.99) is a smart 3-in-1 device. About the size of a deck of cards, this portable 6700mAh battery can charge up a smartphone up to three times (model dependent). It also has 64-gigabytes of built-in storage, which you can load up with media and wirelessly access on multiple devices (there's also a USB port and SD card slot). It's also a router; simply plug it into modem, such as in a hotel room, via its built-in Ethernet port.



Sound advice

If you'd like much better audio out of your smartphone when playing music, mov-

ies and games, the LG Music Flow P5 Bluetooth Speaker (\$149.99) delivers big sound out of a small space. Simply pair the compact speaker with your phone (or tablet or laptop) and you won't believe what you've been missing. With an integrated rechargeable battery that lasts 15 hours, you can leave the charger at home when you bring this speaker on the go.

Watch this

Fusing fashion with fitness, the Michael Kors Slim Runway Hybrid Smartwatch (\$300) looks and feels like a premium gold-coloured wristwatch, but it also features a built-in fitness tracker that calculates steps taken, distance traveled, and calories burned — and all the info is synched with a nearby smartphone app. Other "smart" applications include sleep tracking, music control, alarms, and notifications tied to calls, texts, emails, app updates. A built-in six-month battery means no charging required.



Selfie shtick

Ever notice how lighting on selfies isn't very good since the flash is on the back of the phone? Atlantia's LuMee smartphone case (\$79.99) changes all that because it lights up your face for selfies. Say what? Yep, this fitted smartphone case has front-facing lighting for selfies, Skype, Facetime, or for checking your makeup. It has bright, adjustable LED lights, powered by a rechargeable battery built into the case. Simply press the small button on the back and watch your face light up.



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ON THE WEB

Online shopping is making us choosier gift givers

Vicky Sanderson

Maybe it's because you can buy just about anything online now—including a bed in a box—but Canada Post says 76 per cent of Canadians will shop online this year, up from 51 per cent in 2010.

Gift buying will most certainly be a factor in that jump, says Camille Kowalewski, head of communications for eBay Canada.

Ebay alone, notes Kowalewski, is home to some one billion products. So there's no excuse, she insists, for not coming up with the perfect gift, and for not doing



trend is toward giving a gift that's more thoughtful rather than convenient or expensive," she said.

That might mean buying a sibling a nostalgic toy, such as a set of Gumby figures (about \$35 on eBay), and also easily found at one of the other online shopping giants, such as Amazon.

Thoughtful gifting will increasingly mean an "experience", says Cameron Papp, communications manager for StubHub, a global, virtual marketplace that connects buyers with tickets to concerts, sporting and special events.

His market research suggests 75 per cent of people would prefer an experience over something tangible, and 30 per cent would take a concert over a gift certificate to their favourite store. That number jumps to 75 per cent for people aged 18 to 25.

Demand for live music is on the rise, says Papp. In

2017, that could include concerts by such artists as The Weeknd or the Red Hot Chili Peppers.

Customization is popular among home decor and design gifts, says Erin Green, managing director of Etsy Canada, who suggests a gift with "a monogram or a mug with a custom illustration or initial that says it's just for that person." Other home decor on the site includes pretty agate coasters and one-of-a-kind magazine racks.

In a win-win shopping situation, Aeroplan members can gain travel miles as they shop with popular participating retailers. Some offer card holders special deals and promotions that earn them even more miles.

Home-related products, such as Dyson vacuum cleaners, sell well, says Francine Sternthal, director of product development at Aeroplan, as does Sonos, a wireless music system that lets you play any song stored in iTunes,



Internet radio stations, and online services like Pandora, Spotify, Rdio, and Google Play, anywhere in the house.

Gifts that last the whole year through are now a thing, says Aubrey Podolsky, director of strategy for brand design company Pigeon, pointing to True North Delivery Co., which will send what is essentially a box of Canadian junk food just about anywhere in the world.

"Because it's monthly, they know you are thinking of them all year, which makes it even more special," Podolsky said.

If a delivery from a wine club is more to your pal's taste, consider a service such as the Calgary-based Wine Collective where \$80 buys a gift set of two bottles sent across Canada, while sending four bottles a month for a year is around \$1,030. (There are many price points in between.)

Many independent bricks retailers now do business

online, including the Montreal-based VdeV Maison, which sells "vintage and industrial style" home decor and furniture and Au Lit Fine Linens, purveyors of beautiful bed linens. For affordable pillows (about \$60) and quirky vintage posters (\$18 each), check out Vancouver-based Cartolina.

There's also a plethora of do good/feel good online shopping options. Gifting, for example, a set of Capiz Shell Coasters (\$75) to someone supports the work of World Vision, while bolstering the economic independence of the Filipino artisans who make them.

A fair-trade basket from Ten Thousand Villages is practical, handsome and, with many less than \$20, also affordable.

+ ONLINE PRO

Online shopping may be fast, convenient and satisfying. It's still shopping, says eBay's Camille Kowalewski. So "you ask all the same questions you'd ask about a store you walk into," including, info on delivery and return, shipping costs and exchange rates.

Just because it's online doesn't mean you can leave all shopping to the last minute. The closer it gets to the date you want the present to drop, the shorter the distance between seller and recipient should be. Use geographic filters to help. You can also shop local; for example, on eBay Australia, for friends down under.

CLOCKWISE, FROM TOP LEFT: GIRAFFE COASTER, WORLDVISION.CA; DANI BARBE AGATE COASTERS ETSY.CA; DYSON VACUUM, AEROPLAN.COM/ESTORE; SONOS MUSIC SYSTEM, AEROPLAN.COM/ESTORE; LISA TERRY COPPER VINYL RACK AEROPLAN.COM/ESTORE; TEN THOUSAND VILLAGES BASKET, TENTHOUANDVILLAGES.CA.

so without necessarily throwing about loads of cash. "The



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Friends who reno stay together

RENO ROOKIE

Renovations are the closest thing to 'play' for adult men

Matthew Chung
For Torstar News Service

I'd never felt so relaxed in the midst of a renovation.

Sure, the deck was being demolished, we weren't sure what we'd find underneath and the work had to be completed that weekend or the deck builders wouldn't be able to start on schedule.

But this wasn't my house. It belongs to my childhood friend Karl. He'd organized a small team — his brother, another friend and me — to help fill his dumpster with splintered deck boards. He would have to decide how to remove the poured concrete we discovered below the boards.

All I had to worry about was whether or not Karl had stocked enough beer for post-demolition drinks.

After nearly a year of doing renovations at my own home, I still don't particularly enjoy spending my spare time trying to fix things through trial, error and YouTube.

But I have enjoyed the opportunity to hang out with good people that the projects provide. Especially since, now firmly entrenched in my



Matthew Chung (right) seen here with his childhood friend and now neighbour Karl. Renovations aren't always fun, but when you get a little help from your friends, the experience changes from a chore to a chance to bond, writes Chung. NICK KOZAK/FOR TORSTAR NEWS SERVICE

#adulting years, those opportunities are scarce.

For instance, as kids, Karl and I played baseball and basketball in the summer and built snow forts in the wintertime.

Now, through coincidence and circumstance (that is, we couldn't afford to buy a

house elsewhere in our city) we live just a 10-minute walk from each other. Yet I doubt we would see each other as often as we do if not for one of us seeming to always have a project on the go.

I guess the closest thing to "play" for adult men, short of beer league softball and pickup

hockey, is home renovations.

Except there's a lot at stake in this game, which makes me grateful for the friends who either know more than I do or are just eager to lend a hand.

If not for my discovery of a mysterious crack in my ceiling, a year likely would have passed before I next saw my

cousin Tim, a veteran DIY-er with experience repairing walls and ceilings.

Instead, we spent half-a-dozen weekends catching up and sharing stories, while working toward hanging drywall in my living and dining room.

I'm sure that by the second weekend he was wishing he



If not for my discovery of a mysterious crack in my ceiling, a year likely would have passed before I next saw my cousin Tim.

hadn't responded to my Facebook messages. But we were all smiling a couple of months later when my wife and I were able to host Tim, his wife and their daughter for dinner in the dining room he'd helped me renovate. So, I was smiling wide as I took baseball-style swings with a sledgehammer at what had been Karl's deck steps, not just because it was fun but because I was thinking of all the barbecues he'd be hosting next summer.

"Are you going to put in a hot tub?" I quipped between carrying cinder blocks and wood to the bin.

Meanwhile, Karl's brother considered Karl's plans to build a two-level deck and joked, "Have you thought about building a slide?" Now, that's what friends are for.

Matthew Chung, 33, is a communications manager living in and attempting to renovate his first house. You can follow his progress on Instagram @mjchung.

WE TRIED IT

Life-hack put to the test: shaving cream on the mirror

Ariel Teplitsky
Torstar News Service

The problem

You want to shave, put on makeup, brush your teeth or just stare into your own beautiful eyes after a nice refreshing shower — but now the mirror is all fogged up.

You could wipe it with your hand, but that will leave streaks and the fog will fast return, a perplexing problem indeed.

Dear lord, there must be a better way!

The solution

Your most petty prayers have been answered. According to life hack science, all you need is a dollop of shaving cream. Let's see if it works.

Step 1:
Squirt

Step 2:
Smear

Step 3:
Wipe away with a wet cloth.

Step 4:
Hot 'n' steamy shower.

The result

The mirror is all fogged up! That didn't work at all.

But what if the problem was the shaving cream I used?

Maybe the all-natural, fragrance-free, "botanical blend" cream is lacking in fog-inhibiting chemicals.

Test 2:
I redo the test with good, old-fashioned, totally unnatural shaving foam, smearing it on the mirror then

wiping it away before hopping in a hot shower.

The result:
Eureka!

It worked perfectly, leaving a circle of clarity in the middle of a fogged-up looking glass. Life hackers recommend the technique for defogging eyeglasses and windows as well.

May the view of your perfect face never be obstructed again.



The shaving-cream life hack checks out, but not if you use the natural stuff. ISTOCK

Hoping to capture some of that "We the North" magic, the Canadian Olympic Committee has partnered with Sid Lee as its creative agency

Road trip rejuvenation

NHL

Flames shine less Gaudreau but home form must be fixed

The Calgary Flames are showing signs of life. A 3-2-1 road trip — six games in nine days — without star forward Johnny Gaudreau in the lineup has cultivated resilience, according to head coach Glen Gulutzan.

The Flames returned from their longest road trip this season with Chad Johnson having supplanted Brian Elliott as starting goaltender. Defenceman Dougie Hamilton's six assists in six games quieted trade rumours about him. Flames general manager Brad Treliving dismissed those rumours as "completely false" on Wednesday.

Calgary's special teams have been the worst in the NHL, but their penalty kill perked up in those six away games against Eastern Conference opponents with an 84 per cent success rate.

Now 7-6-2 on the road, the Flames need to bring improvements in their game to Scotiabank Saddledome, where they'd won just three times heading into Wednesday night's game against the Toronto Maple Leafs.

Calgary (10-13-2) is also at home to Minnesota on Friday and Anaheim on Sunday.

"I think the issue at home was early on we were putting a



Chad Johnson, centre, seen here being congratulated by his teammates has gone 7-4-0-1 with a 2.23 goals-against average and .922 save percentage in 12 starts with the Flames before Wednesday's game versus the Maple Leafs. KIRK IRWIN/GETTY IMAGES

lot of pressure on ourselves to play a certain way," Gulutzan said Wednesday.

"A lot of expectations, a lot of squeezing, a lot of getting out of our comfort zone. When we got on the road, we played a lot simpler game. As you put more and more of those simple games together, it's going to start to come at home. We're ready to establish ourselves here."

Gaudreau, who broke his finger in a Nov. 15 game and underwent surgery the following day, participated in Wednesday's pre-game skate, albeit

"I think the issue at home was early on we were putting a lot of pressure on ourselves to play a certain way."

Glen Gulutzan

in a yellow non-contact jersey.

He did not accompany his teammates on the road, but remained in Calgary. No firm date was given for his return

from what was projected to be four to six weeks of recovery.

"It's not as much fun skating by yourself. It's a lot harder too," the 23-year-old left-winger said.

"It's great getting passes from the guys and going through some drills with them. I want to be out there as quick as possible obviously." Johnson started four of the six road games for a 3-1 record, a 2.01 goals-against average, a .941 save percentage and one shutout. With Elliott losing seven starts in a row, the net is Johnson's as long as he

keeps winning.

"If we've got guys who are going, we're going to play them," Gulutzan said. Johnson signed a one-year contract with the Flames when free agency opened July 1. With top centre Sean Monahan in a goalscoring funk in November, the Flames got goal contributions from 10 different forwards in eight games after Gaudreau's injury.

"When you start out of the gate like we did, you're trying to get some stability in your game," Treliving said. "There's some real encouraging signs."

THE CANADIAN PRESS

CHAPECOENSE

'We will rebuild this club'

Six players, a handful of support staff, and deep sorrow are all that remain of Brazil's Chapecoense soccer club.

They will still try to play again. Because they know that's what their 19 teammates who died when a charter plane ripped into an Andean mountainside would want them to do.

"In the memory of those who died and to honour their families, we will rebuild this club from scratch so it is even stronger," club director and local businessman Cecilio Hans said. "We had material assets and human assets. Now we've lost nearly all of our human assets."

3

Only three players survived the crash, and all are recovering at a hospital in Colombia.

Other clubs in Brazil's top league are offering to loan players to Chapecoense, with a proposal that the modest club in deep southern Brazil is guaranteed to stay in the top division for the next three years.

"The club will rebuild, I am sure," said Walter Feldman, secretary general of the Brazilian Football Confederation. "Eight clubs have already called me to offer concrete, material solidarity. We are studying ways to best help."

Monday's crash occurred as the team was on its way to the two-game final of the Copa Sudamericana — the No. 2 tournament on the continent.

THE ASSOCIATED PRESS



A boy takes part in a tribute to the victims in Medellin, Colombia, on Wednesday. RAUL ARBOLEDA/AFP/GETTY IMAGES

QMJHL

Cespedes, Mets make deal official



Dylan DesRoche
For Metro | Halifax

The usually offensive Halifax Mooseheads were nearly held scoreless in Quebec Wednesday evening, where they fell 2-1 to the Remparts.

Wednesday would have been just the second time this season Halifax went scoreless, but Arnaud Durand ended Callum Booth's shutout bid with just 24 seconds left in the game.

Quebec's first goal came from Philipp Kurashev, who snuck one by Alexis Gravel half way through the first period. Olivier Garneau would add an empty netter for Quebec to end the night for Halifax.

The 16-year-old Gravel would make 18 saves on the night for Halifax.

Halifax's record now drops to 14-12 on the year, they sit in third place in the QMJHL's maritime division with 30 points.

IN BRIEF

Baseball players, owners lock horns to reach CBA

Negotiators for baseball players and owners have a verbal agreement on a five-year labour contract, a person familiar with the talks told The Associated Press on Wednesday night.

The person spoke on condition of anonymity because the sides were still putting the deal in writing. They hoped to have a signed memorandum of understanding later Wednesday.

THE ASSOCIATED PRESS

MMA

GSP among stars who launch guild

Former UFC champions Georges St. Pierre, Cain Velasquez and T.J. Dillashaw have joined an attempt to form a mixed martial arts fighters association.

Current UFC fighters Donald (Cowboy) Cerrone and Tim Kennedy also announced their participation Wednesday in an organizing effort led by fighters and joined by Bjorn Rebney, the former CEO of Bellator.

The Mixed Martial Arts Athletes Association is the latest attempt to organize fighters in

RIVALS

Three of the involved fighters are represented by Creative Artists Agency, a rival of the WME-IMG conglomerate which bought the UFC earlier this year.

a famously individualistic sport into a collective bargaining unit. THE ASSOCIATED PRESS

MAKE IT TONIGHT

Fragrant One Pot Sweet Potato and Arugula Pasta



PHOTO: MAYA VISNIE

Ceri Marsh & Laura Keogh
For Metro Canada

- 1 Tbsp salt
- 6 cups water
- 1/2 cup grated Asiago or Parmesan cheese
- Salt and pepper to taste

Directions

1. Combine penne, arugula, sweet potato, garlic, shallot, rosemary, 2 Tbsp oil, salt and water in a stock pot. Bring to boil over high heat. Cook, stirring pasta frequently, until pasta is cooked al dente and water is nearly evaporated, about 10 minutes.

2. Remove pot from heat and take out the rosemary stem. Stir in the last tablespoon of oil, cheese and season with salt and pepper to taste. Serve with another sprinkle of cheese.

FOR MORE MEAL IDEAS, VISIT
SWEETPOTATOCHRONICLES.COM

The peppery arugula and woody rosemary are the perfect match for sweet potato in this dish designed for fall.

Ready in 30 minutes

Prep time: 15 minutes
Cook time: 15 minutes
Serves 4

Ingredients

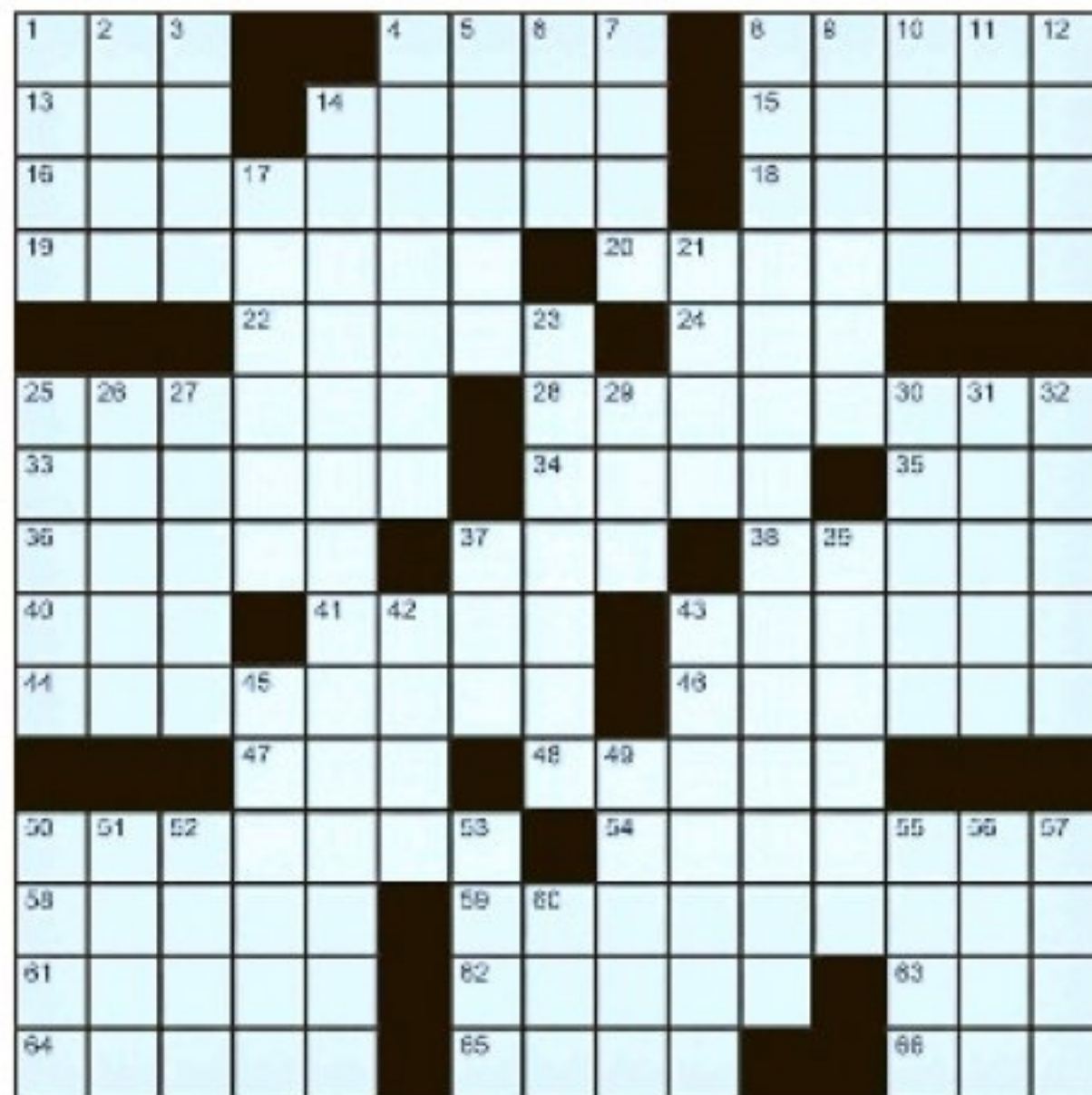
- 500 grams penne pasta
- 8 cups baby arugula
- 1 sweet potato, diced into small cubes
- 4 garlic cloves, thinly sliced
- 1 shallot, cut into thinly sliced
- 1 sprig of rosemary
- 3 Tbsp of olive oil, plus 1 for garnish

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

- River for Calgary
- Biblical land where Moses was buried
- Reads 'em and does this
- A famous Charlotte
- H.H. _ (British author whose pen name was Saki)
- Peculiarly
- Alberta hamlet east of Edmonton
- _ -sized (Printer paper selection)
- Main meaning
- Canadian restaurant chain; or, Mr. Grammer's of "Frasier"
- Fanatic sects
- Sure-footed animal
- Conniver's creation
- NY, ME and CA, e.g.: 2 wds.
- Guided
- Mark Antony's love, to pals
- ... little tea-pot...
- Swiss-peaks related
- Cavemen yrs.
- Canadian ski legend Ms. Greene
- Needs-to-be-sewn site
- Spandau Ballet hit
- Posh couch
- Worker's wish: 2 wds.
- Canyon communicator
- Municipal council member, e.g.
- Tractor com-



pany, John _
50. 1990s MTV personality Daisy
54. Ms. Newton of "The Pursuit of Happiness" (2006)
58. Soap actress Ms. Slezak
59. Powerview-_, Manitoba

61. Mr. Sedaka's
62. Not connected
63. Dixie Cups song, when doubled
64. Star Trek: Father of Mr. Spock
65. Rhinoplasty location
66. _ in Xylophone

DOWN

- Hillside
- Rows
- Gets hitched
- Built like a body-builder
- Commencement
- 1920 T.S. Eliot volume of poetry, _ Vos Prec

7. Strike
8. Frankenstein creator formally, Mary _ Shelley (b.1797 - d.1851)
9. The ancient Turkish city of Urfa as it was known in Mesopotamia
10. The _ (U2 guitarist)

- Dramatist's creation
- Hockey Hall of Famer Mr. Apps'
- Undertaking for the valiant: 2 wds.
- Draw back
- Naturalness
- Deliver the goods
- Piercing
- Shakespeare: As You Like It role
- Pharrell Williams' uplifting hit
- John and Yoko's son ...his initials-sharers
- Rio _ Alcan Planetarium (Montreal space attraction)
- Ryan Seacrest, for one
- Brit singer Leo
- Greyhound vehicle
- The Parthenon goddess
- Roller Coaster, for example
- "Hold on just one second and listen!": 2 wds.
- Grate/bother
- Sicily's volcano, and namesakes
- Marshes
- Carbamide
- The Queen's cypher: letter + Roman Numeral + letter
- Duration
- Gladiator's 559
- Ms. Gruning of "Casablanca" (1942)
- Those, in Spanish
- Company's stock mkt. debut

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a fabulous day to schmooze with others. Enjoy your interactions with groups and friends, as well as partners and those who are close to you. Laugh it up!

Taurus April 21 - May 21
Today you make a great impression on bosses, parents, VIPs and anyone in a position of authority (including the police). Your ambition is strong, and so is your confidence.

Gemini May 22 - June 21
Do whatever you can to take a vacation or find a change of scenery, because you need this. Today you want adventure, thrills and a chance to learn something new and exciting!

Cancer June 22 - July 23
This is an excellent day to discuss shared property, taxes, debt and inheritances, because quite likely you will end up laughing all the way to the bank.

Leo July 24 - Aug. 23
Your interactions with others are positive and dynamic today, primarily because you have lots of energy. Because enthusiasm is always contagious, people are pumped to be in your presence.

Virgo Aug. 24 - Sept. 23
You will get a lot done at work today because you are energetic, focused and upbeat. A happy mind that is ready to work is unstoppable!

Libra Sept. 24 - Oct. 23
Accept all invitations to party, because © 2016 King Features Syndicate, Inc. today is a wonderful, social day for you. Enjoy the arts, sports events, playful times with children and romantic liaisons.

Scorpio Oct. 24 - Nov. 22
Increased activity and chaos on the home front might be a challenge. However, today you have the energy to pull your act together at home. Do what you can.

Sagittarius Nov. 23 - Dec. 21
You will be successful in all your communication. This is great news for those of you who sell, market, teach, act or write for a living.

Capricorn Dec. 22 - Jan. 20
This is a moneymaking day for you! Trust your moneymaking ideas. All of your financial negotiations will benefit you.

Aquarius Jan. 21 - Feb. 19
Fiery Mars is in your sign today, dancing with lucky Jupiter. This gives you lots of positive get up and go! It's a great day for athletics and outdoor activities.

Pisces
Feb. 20 - March 20
Secret liaisons will be exciting today. (This includes private love affairs.) You're happy to work alone today.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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1	5	7	9	4	6	3	2	8
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9	6	1	2	3	4	8	7	5
2	1	3	8	6	9	7	5	4
5	9	6	4	1	7	2	8	3
7	4	8	5	2	3	9	1	6

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